

Bhrigu Lake Trek from Manali: A Himalayan Escape into Alpine Serenity



Embark on the [Bhrigu Lake Trek from Manali](#), a captivating 3-4 day journey that unveils the

pristine beauty of the Himalayas. Situated at an elevation of approximately 4,300 meters, Bhrigu Lake is a high-altitude glacial lake nestled east of Rohtang Pass in Himachal Pradesh's Kullu district. The trek commences from the picturesque village of Gulaba, located about 22 km from Manali, and meanders through lush meadows, dense forests, and panoramic ridgelines.

This trek is renowned for its breathtaking vistas of snow-capped peaks, including Hanuman Tibba, Deo Tibba, and the Seven Sisters. The trail offers a unique blend of natural beauty and cultural significance, as Bhrigu Lake holds a sacred place in Hindu mythology, believed to be the meditation site of Maharishi Bhrigu.

The best time to undertake this trek is from mid-May to October, avoiding the monsoon months

of July and August due to the risk of landslides. During this period, trekkers can witness the lake's changing hues and the surrounding alpine flora in full bloom.

For those seeking a well-organized trekking experience, [Wanderers](#) offers guided tours that include experienced guides, camping equipment, and meal provisions. Their itineraries are designed to provide a seamless and enriching adventure, ensuring safety and comfort throughout the journey.

Whether you're a seasoned trekker or a nature enthusiast, the [Bhrigu Lake Trek](#) promises an unforgettable experience amidst the majestic Himalayas.